

# PROGRAMS & ACTIVITIES FOR AUGUST 2019

## FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT [www.foxboroughma.gov](http://www.foxboroughma.gov)

Please check the Senior Pages of the Foxboro Reporter for any changes or additions.

<b>AUG. 1 - THURS.</b>	9:00 Lower Body Stability; 9:00 Art With Ally; 10:45 Mah Jongg & Free Play; <b>12:30 Soup &amp; Sandwich; 1:00 Movie Day-"The Highway Men";</b> 2:00 Ping Pong;
<b>AUG. 2 - FRIDAY</b>	8:30 Ping Pong; 9:00 Senior Fitness with Joyce; 9:00 Walmart; 10:15 Cribbage; <b>11:30 Mary Poppins Jr. Songs &amp; Tickets;</b>
<b>AUG. 5 - MONDAY</b>	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; <b>11:00 Book Club;</b> 12:30 SHINE; 12:30 Scrabble; 1:00 Mah Jongg Free Play; 1:00 Knitting; 1:00 Stop & Shop;
<b>AUG. 6 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; <b>1:30 BINGO;</b> 2:00 Talespinners; 3:00 Beginner Painting on Canvas; 3:00 SHINE; <b>4:00 IntroductionTo Reiki;</b>
<b>AUG. 7 - WEDNESDAY</b>	8:30 Strength Training; 1:00 Mansfield Crossing; 1:00 Colorist Club; 2:45 Movement for Pain Relief; <b>4:00 SINGO;</b>
<b>AUG. 8 - THURSDAY</b>	9:00 Lower Body Stability; 9:00 Art With Ally; 10:45 Mah Jongg & Free Play; 2:00 Cornhole; 2:00 Ping Pong;
<b>AUG. 9 - FRIDAY</b>	8:30 Ping Pong; 9:00 Senior Fitness with Joyce; 9:00 Shaw's; 10:15 Cribbage;
<b>AUG. 12 - MONDAY</b>	9:15 Chair Yoga; 10:30 Tai Chi; 12:30 SHINE; 12:30 Scrabble; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play;
<b>AUG. 13 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; <b>10:00 Blood Pressure;</b> 11:00 Nutrition; 2:00 Talespinners; <b>4:45 Healthy Diet &amp; Natural Products for Preventing &amp; Curing Diseases;</b>
<b>AUG. 14 - WED.</b>	8:30 Strength Training; <b>10:00 Chair Massage;</b> 1:00 Walmart; 2:00 Colorist Club; 2:45 Movement for Pain Relief; <b>4:00 MARPAC/Senior Center "FAME";</b>
<b>AUG. 15 - THURSDAY</b>	<b>Thimble Islands Cruise Trip Departs at 8:00 a.m.</b> 9:00 Lower Body Stability; 9:00 Art With Ally; 10:45 Mah Jongg & Free Play; <b>12:30 Soup &amp; Sandwich; 1:00 Movie Day - "Extremely Wicked, Shockingly Evil &amp; Vile";</b> 2:00 Ping Pong;
<b>AUG. 16 - FRIDAY</b>	8:30 Ping Pong; 9:00 Senior Fitness; 9:00 Walmart; 10:15 Cribbage;
<b>AUG. 19 - MONDAY</b>	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; <b>11:45 Regain Your Balance (New Session Begins);</b> 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play
<b>AUG. 20 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; <b>1:30 Memory Café;</b> 2:00 Talespinners; 3:00 SHINE; <b>5:00 Safety &amp; Self Defense Class for Women;</b>

<b>AUG. 21 - WED.</b>	8:30 Strength Training; 1:00 Luncheon Outing - Jake & Joe's; 2:00 Colorist Club; <b>1:00 TRIAD</b> ; 2:45 Movement for Pain Relief; <b>5:00 Tech 101</b> ;
<b>AUG. 22 - THURSDAY</b>	9:00 Lower Body Stability; 9:00 Art With Ally; 10:45 Mah Jongg & Free Play; 2:00 Cornhole; 2:00 Ping Pong;
<b>AUG. 23 - FRIDAY</b>	8:30 Ping Pong; 9:00 Shaw's; 9:00 NO Senior Fitness Today; 10:15 Cribbage; <b>11:00 1 Year Review with Marc</b> ;
<b>AUG. 26 - MONDAY</b>	9:00 Jay Barrow's Office Hour; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play
<b>AUG. 27 - TUESDAY</b>	8:30 NO Stretch & Balance Today; 9:45 Zumba Gold; <b>10:00 Blood Pressure Clinic</b> ; 11:00 Nutrition; <b>1:00 Low Vision Support Group</b> ; 2:00 Talespinners; <b>5:00 Kidney Disease Information Session</b> ;
<b>AUG. 28 - WED.</b>	8:30 Strength Training; <b>10:00 Hearing Health (by appt.)</b> ; <b>12:30 Coffee &amp; Conversation with the Town Manager</b> ; 1:00 Job Lot; 1:00 Colorist Club; 2:45 Movement for Pain Relief; <b>4:30 Senior Supper</b> ;
<b>AUG. 29 - THURSDAY</b>	9:00 Art With Ally; <b>9:00 Lower Body Stability (New Session Begins)</b> ; 10:45 Mah Jongg & Free Play; <b>11:00 Men's Cookout</b> ; 2:00 Ping Pong; 2:00 Cornhole;
<b>AUG. 30 - FRIDAY</b>	8:30 Ping Pong; 9:00 Shaw's; <b>9:00 No Senior Fitness Today</b> ; <b>9:00 COA/HS Advisory Board Open Forum</b> ; 10:15 Cribbage; <b>11:00 Online Registration Tutorial</b> ;